

## If Your Child Is One

### TABLE FOODS ARE NEEDED !



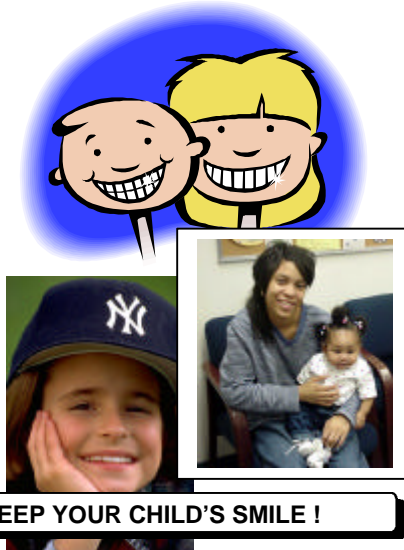
### Be careful with the bottle !

Some children over one year of age are using a bottle.

Being CAREFUL with the bottle helps keep your child healthy!

If your child is sucking on a bottle (filled or not) he is not going to be as hungry for table foods.

Table foods give your one year old child needed vitamins and minerals to grow healthy and strong!



### KEEP YOUR CHILD'S SMILE !

If a bottle is misused, liquid stays on your child's teeth too long.

Most liquids have sugar in them. Sugar can rot your child's teeth.

Those first teeth are important! They help your child chew exciting new foods. They also help her second teeth come in straight!

### TIPS FOR TEETH !



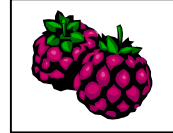
Gently brush or wipe child's teeth after eating or drinking. Have a small drink of water to rinse mouth. Water does not have sugar in it. **No toothpaste until age 3!**

### If You Do Use A Bottle:

- Try holding your child when you give a bottle or
- Have your child at the table when you give a bottle
- Keep the bottle out of your child's hands when walking, playing, or laying down

**A One Year Old Child Needs:**

- ◇ 2 - 3+ breast feedings (or 2-3 cups of breastmilk or formula or cow s milk) daily
- ◇ soft fruit daily or  $\frac{1}{2}$  cup of 100% fruit juice
- ◇ Table foods such as vegetables, pasta or rice, meat or beans - daily !

**Healthy Blood is Built by Many Nutrients: (Iron, Vitamin C, Folic Acid, Protein, etc.)**

- Iron from Breast Milk = BEST for building blood
- Iron from Formula = Okay for building blood
- Iron from Cow s Milk = Not great for building blood
- Iron Rich Foods: meats, beans or peas (pinto, black-eyed), cereals (with iron added)
- Vitamin C Rich Foods: juices with Vit. C, oranges, broccoli, cantaloupe, green peppers...



**Tip: A wide variety of foods builds the strongest blood!!**

**From the Bottle to the Cup:**

- ⇒ Teach child to drink from a cup before 1 year of age.
- ⇒ Begin by letting your child take small sips of breast milk, formula or juice from a cup.
- ⇒ Slowly, begin to use the cup more at meal time, and use the bottle less.
- ⇒ Be patient as your child learns this new skill.

**Comfort Your Child:**

- ◆ Sometimes, children want their bottles for comfort. This is normal. Just follow the tips on the front page so the liquid in the bottle does not stay on the teeth long.
- ◆ Try other comforts: reading a story, giving hugs, playing with a toy, and holding your child.
- ◆ Children who are held more when they are small do more on their own when they are older. Your child needs comfort now to be a strong adult.
- ◆ Everyone in the family can help to comfort a child!

**Painful Ear Infections & Painful Teeth !**

Going to bed with a bottle can cause painful ear infections and rot your baby s teeth!